

County Executive
Ann Edwards

Deputy County Executive
Bruce Wagstaff
Social Services



Department of Health Services
Chevon Kothari, Director

Divisions
Behavioral Health Services
Primary Health
Public Health
Departmental Administration

County of Sacramento

SUMMARY QUARANTINE ORDER **Updated – January 5, 2022**

California is in a State of Emergency because of the 2019 Novel Coronavirus (COVID-19) pandemic. The spread of COVID-19 is a substantial danger to the health of the public within the County of Sacramento. A growing body of evidence suggests that fully vaccinated people are less likely to become infected and potentially less likely to transmit SARS-CoV-2 to others. How long vaccine protection lasts and how much vaccines protect against emerging SARS-CoV-2 variants are still under investigation. Until more is known and vaccination coverage increases, both unvaccinated and vaccinated individuals should remain vigilant in reducing their risk for COVID-19 exposure and infection. Some people are more vulnerable to serious illness (i.e., pneumonia, organ failure, or death) due to their age, physical state, and/or health status.

In order to help slow the spread of COVID-19, protect vulnerable individuals, and prevent the healthcare system in Sacramento County from being overwhelmed, it is necessary for the County of Sacramento Health Officer ("Health Officer") to require the **self-quarantine** of persons exposed to a person diagnosed with or likely to have COVID-19. Quarantine separates individuals who were exposed to COVID-19 from others, until it is determined that they are not at risk for spreading the disease. This protects everyone, including people who are high risk for serious illness, such as older adults and people with weakened immune systems.

UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, 120175, 120215, 120220, AND 120225, THE HEALTH OFFICER ORDERS:

All close contacts, as defined in this Order, to a person diagnosed with or likely to have COVID-19 must quarantine themselves. This may include household contacts, intimate partners, caregivers, and other close contacts. Persons quarantined are required to follow all instructions in this Order and the Public Health guidance documents referenced in this Order.

This does not apply to critical infrastructure workers, including health care workers and first responders, who should follow guidelines specific to that sector.

This Order is in effect until rescinded in writing by the Health Officer.

Division of Public Health
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QUARANTINE REQUIREMENTS: Household Contacts, Intimate Partners, Caregivers, And Close Contacts Of Persons With Or Likely To Have COVID-19

An exposure in the community setting is defined as an individual who has had [close contact](#) (<6 feet for ≥ 15 minutes over a 24-hour period) to:

- a. A person with COVID-19 who has symptoms (in the period from 2 days before symptom onset until they meet criteria for discontinuing home isolation); can be laboratory confirmed or have compatible symptoms) **OR**
- b. A person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms (in the last 2 days before the date of specimen collection until they meet the criteria for discontinuing home isolation).

Note: This is irrespective of whether the person with COVID-19 or the contact was wearing a cloth face covering or whether the contact was wearing respiratory personal protection equipment (PPE).

All individuals who know that they have been in close contact, such as a household member, an intimate partner, a caregiver outside of a healthcare setting, or other close contact, as defined above, with a person diagnosed with or likely to have COVID-19 are required to take the following actions:

- **For persons who are unvaccinated or vaccinated and booster eligible:** (a) stay home for at least 5 days after your last contact with a person who has COVID-19 (b) test on day 5 and quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative, (c) if unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10, (d) strictly adhere to all recommended [non-pharmaceutical interventions](#) (e.g., wearing a well fitted mask around others for a total of 10 days at all times, maintaining a distance of least 6 feet from others, avoiding crowds).
 - For persons who are vaccinated and booster-eligible but have not yet received their booster dose, if asymptomatic, employees in this vaccination category are not required to stay home from work if: (a) A negative diagnostic test is obtained within 3-5 days after last exposure to a case, (b) employee wears a well-fitting mask around others for a total of 10 days, **AND** (c) employee continues to have no symptoms.
 - If testing positive, follow isolation recommendations or if symptoms develop, test and stay home.
- **Persons who are exposed to someone with COVID-19 and are boosted OR are vaccinated, but not yet booster eligible:** (a) test on day 5, (b) wear a well-fitting mask around others for 10 days, especially in indoor settings, (c) if testing positive, follow isolation recommendations, (d) if symptoms develop, test and stay home.

This does not apply to persons at high risk for severe disease, persons working in high-risk settings (i.e. skilled nursing and correctional facilities) unless there is a critical staffing shortage, or immunocompromised individuals who should continue to quarantine for 14 days.

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Persons who share a residence (house, apartment, condo, or other living space) with someone who has been diagnosed with COVID-19 are at increased risk of becoming infected due to ongoing exposure associated with residing together. They should attempt to minimize contact with the COVID-19 infected person within the home, if feasible, and they must quarantine at home. They may end quarantine after Day 10 if a diagnostic specimen is collected on or after Day 5 since their first exposure and tests negative using a PCR test.

Self-quarantine is necessary because an individual is at high risk for developing and spreading COVID-19, if that individual has had close contact as defined above, with a person who has:

- a. A positive lab test for COVID-19, **OR**
- b. Signs and symptoms that are consistent with COVID-19 (fever, cough, shortness of breath or trouble breathing), **OR**
- c. Been informed by a physician that they are likely to have COVID-19.

Quarantined persons may not leave their place of quarantine or enter any other public or private place during the period of quarantine, except to receive necessary medical care.

Carefully review and closely follow all requirements listed in the [Home Quarantine Instructions for Close Contacts to COVID-19](#).

If a quarantined person becomes sick with fever, cough, or shortness of breath (even if their symptoms are very mild), to protect others from COVID-19, they should isolate themselves at home and away from other people and follow the [Home Isolation Instructions for People with COVID-19](#). This is because they are likely to have COVID-19 and if so, can spread it to others.

The Health Officer may take additional action(s), which may include civil detention at a health facility or other location, to protect the public's health if an individual who is subject to this Order violates or fails to comply with this Order. Violation of this Order is also a misdemeanor punishable by imprisonment, fine or both. (Health and Safety Code § 120295).

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Promote • Prevent • Protect

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